

ALL OF THE RECIPES FOR THE DETOX ARE EITHER ON MY BLOG OR PROVIDED BELOW. THE BLOG IS AT www.yogabelly.me/blog There is a search bar on the right side of the page (you may need to scroll down to find it) so you can easily find the recipes that you need.

DETOX SMOOTHIE 2

1 Stalk Celery
1 Cup Cucumber
½ Cup Pineapple
½ Lime
1 ½ Cups Coconut Water or plain water
ice

Green smoothie detox

1 Handful Kale
¼ Beet
3 Chunks Cucumber
½ Banana
coconut water or plain water
ice

Triple Green Smoothie

4 stalks celery
2 c parsley
3 c spinach
1/4 c pineapple
small chunk ginger
1 lemon
ice

Toxic Waste Smoothie

1/2 cucumber
small piece of ginger root
1/2 lemon
1/2 c ice
1/2 c coconut water or plain water.

Whole Foods Green Smoothie

1/2 cup frozen blueberries
1/2 cup frozen raspberries
1 c spinach
1/4-1/2 organic lemon with rind
1 tablespoon raw almond butter
1 tablespoon pumpkin seeds (preferably soaked)
1 tablespoon chia seeds
2 raw walnuts (preferably soaked)
2 raw Brazil nuts (preferably soaked)
1 T coconut oil
1/2 cup unsweetened almond, cashew, or coconut milk
1 t matcha (optional)
1/4 c ice
1/4 c water or coconut water

Roasted Squash

Instructions

Using a big hefty knife, cut the squash in half
Place face down on a metal baking sheet
Scoop out the seeds and discard
Bake at 350° for 40 to 60 minutes, or until tender
Serve stuffed with your favorite foods or eat plain for a healthy side dish

Egg Salad

Hard boil 6-8 eggs, chop into 1/8-1/4" pieces
Dice a 1/4-1/2 of a red onion

Mix together:

2 T olive oil based mayo

1 T Rice Wine Vinegar (unseasoned)

1 T coconut sugar

salt, pepper, and hot pepper

pinch of dried dill or 1 t curry powder

Add the eggs and onions to the mayo sauce and stir gently to coat the eggs.

Serve over a bed of greens (spinach or arugula are good with this salad)

Roasted Veggies

Oven to 375-400 degrees F

Clean and chop veggies

Place veggies in baggie or lidded bowl

Add splash of avocado or coconut oil

Crush 1-2 garlic cloves into bowl (depends on the veggie you are roasting)

Add herbs and spices --I like sea salt, black pepper, chipotle pepper flakes, rosemary on most. Try cumin, dill, onion and/or garlic powder

Shake baggie or lidded bowl to evenly distribute the oil and seasonings.

Roast for 20-35 minutes, depends on the veggie. About 1/2 way through cooking, stir to evenly brown.

Steamed Veggies

Place cut and cleaned veggies in the steamer basket.

Place basket into an appropriate saucepan with water that reaches just under the base of the steamer.

Turn burner on high and cook until veggies are al dente

Season the veggies and serve

Note cook times (once the water is boiling)--carrots and potatoes are the slowest to soften (usually need about 20-30 minutes for baby carrots and potatoes cut at 1/2"). Onions and mushrooms about 12-15 minutes. Broccoli, squash, and bell pepper about 10 minutes

Quick steam Spinach or kale

Place spinach in a microwave safe glass dish (I usually use a pyrex measuring cup)

Season as desired. I like a splash of lemon juice and some sea salt, pepper, hot pepper

Microwave for 30 seconds to 1 minute

Serve and enjoy

Saute Veggies

Place some avocado or coconut oil in a sautee pan

Heat over low-medium for 1-2 minutes with seasoning of choice (I like hot pepper and/or cumin in the oil)

Add veggies of choice

Cook until the veggies are done to your liking

If adding garlic, wait until the veggies are just about done to add the garlic (this maximizes the nutr value of the garlic)

If adding sesame oil or olive oil, wait until the veggies are just turn off the heat and then add the oil

basalmic works beautifully with sauteed mushrooms

2 of my fav sautees:

onion, mushroom, garlic, basalmic, coconut oil, salt, pepper, hot pepper-- start with just the onions and seasonings. add the mushrooms once onions are soft. add the garlic when just about finished with the cook.

spinach, avocado oil, garlic, splash of lemon juice, salt, pepper, hot pepper--heat oil and seasonings. add the spinach and lemon juice. cook to wilt, add garlic. serve

Dr Hyman's Ultra Broth recipe

Ingredients

3 Quarts Water

1 Large onion chopped

2 Each Carrots sliced

1 cup Daikon or White Radish root and top (ideal, but optional)

1 Cup Winter Squash cut into large cubes

1 Cup Root Vegetables turnips, parsnips, and rutabagas for sweetness

2 Cups Chopped Greens kale, parsley, beet greens, collard greens, chard, dandelion, cilantro or other greens

2 Stalks Celery

1/2 Cup Sea Weed nori, dulse, wakame, kelp, or kombu

1/2 Cup Cabbage

4 1/2 inch slices Fresh Ginger

2 Cloves Whole Garlic not chopped or crushed

Sea Salt to taste

1 Cup Shitake or Maitake Mushrooms fresh or dried (If available; these contain powerful immune boosting properties.)

Instructions

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

Simply heat gently and drink up to 3-4 cups a day.

Dr. Mercolas Bone Broth

The recipe that follows calls for beef bones, but you can also make bone broth using whole organic chicken, whole fish (including the head) or fish bones, or pork. Each will render a different flavor. Boynton and Brackett actually suggest starting with chicken because it has the mildest flavor (beef tends to be more overpowering). If you're using chicken, simply place the entire chicken, raw, into the pot in place of the beef bones and proceed with the recipe as follows.

One note, if cooking a whole chicken, the meat should start separating from the bone after about 2 hours. Simply remove the chicken from the pot and separate the meat from the bones. Then place the bones back in and continue to simmer. You can even use bones from a roasted chicken or turkey carcass to make bone broth, which is incredibly cost effective since you would otherwise throw them away.

Ingredients

3-4 pounds beef marrow and knuckle bones

2 pounds meaty bones such as short ribs

½ cup raw apple cider vinegar

4 quarts filtered water

3 celery stalks, halved

3 carrots, halved

3 onions, quartered

Handful of fresh parsley

Sea salt

Method

Place bones in a pot or a crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones.

Add more water if needed to cover the bones.

Add the vegetables bring to a boil and skim the scum from the top and discard.

Reduce to a low simmer, cover, and cook for 24-72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day)

During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavor and minerals.

Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.

Add sea salt to taste and drink the broth as is or store in fridge up to 5 to 7 days or freezer up to 6 months for use in soups or stews.

How to Make Bone Broth Using Your Slow Cooker

Bone broth is an example of a traditional food that's easily adaptable to your modern lifestyle. Even if you're away from home most of the day, you can still prepare homemade bone broth by using a slow cooker. To use a slow cooker, you will need to first bring the broth to a boil in a pot on your stove, then skim the scum off the top. Pay careful attention to this stage, as once the broth begins to boil the scum is rolled right back into the broth. The scum are the impurities that you want to remove. You can then transfer the broth to your slow cooker and turn it on to low heat for 24 to 72 hours.

Dressings:

Mix together--1 T lime juice, aged balsamic, or red wine vinegar (or flavored vinegar), 1-2 t EVOO (olive oil), 1 clove crushed garlic, dash of salt and pepper, sprinkle of stevia, herbs of choice, hot pepper. Don't add the dressing to the salad until you are ready to eat or it will wilt the greens.

I use a good aged balsamic alone when I am in a hurry. I buy an 18 year aged balsamic from DOVE on the landing in Branson. It is very rich, has great body, and is the best that I have!